CARDINALS, STEELERS INTO SUPER BOWL, PG 8

Celebrity Buzz

Joaquin raps to his own beat

pg 14

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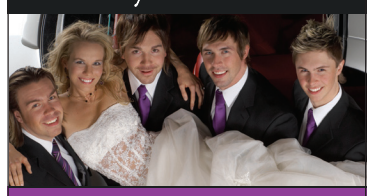

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Charges pending after woman's alleged abduction

FOUND An Airdrie woman allegedly abducted from her home by her estranged husband has been found in a Radium, B.C., motel, where it is believed she was held against her will.

The woman, in her 40s, was allegedly abducted on Saturday and forcibly taken to the motel. RCMP found the victim and the suspect around 10 p.m.

RCMP said the woman is being treated for injuries she sustained and the suspect will formally be charged. Authorities will not be releasing the name of the alleged victim or the suspect to protect the victim.

METRO CALGARY

ShareYourViews

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Happy news amid financial crisis

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Horror more than 3-D gag

Going Green pg 10

Net use, global warming link

ALICIA FOX/FOR METRO CALGARY

Friends and family confirmed that 43-year-old Sandra Casey, in this picture photographed at a memorial yesterday, died after being hit by a vehicle outside the Money-Pennies Eatery and Bar early yesterday morning. Police are looking for the driver of a white sedan, possibly an Oldsmobile Alero, Pontiac Grand Am or Mitsubishi Gallant, they believe fled the scene after allegedly striking Casey.

Woman dead in hit-and-run

Police seek driver of white sedan believed to have fled scene

ALICIA FOX
for Metro Calgary

She was an instant friend who would help anyone before they asked, and was right proud of her Irish heritage.

That's what friends and co-workers said about Sandra Casey, a 43-year-old woman struck and killed outside Money-Pennies Eatery and Bar, located at 10 Ave and 17 St S.W. early yesterday morning by an alleged hit-and-run driver.

Lynne Gibson, who had known Casey for at least 10 years, was among the growing crowd of friends who had started gathering at the pub as early as 3 a.m. the night before.

"I never heard a bad word about her," she said.

Casey had been helping out in the kitchen and was about to get into a friend's car for a ride home around 2 a.m. when she was struck by a car travelling westbound on 10 Ave., which rendered her unconscious.

She died shortly after being transported to hospital by EMS.

Terry Wheeler, whose son and daughter own the bar and who said the woman was like family, said he half expected Casey to walk through the door and that "it's just not sinking in."

"It's a coward's way out," he said of the alleged hit-and-run driver.

ROBIN KUNISKI/FOR METRO CALGARY

Deb Boniface stands at a makeshift memorial set up for her wife yesterday.

"There's no excuse for that."

Deb Boniface, who married Casey on April 3 last year, said she had phoned several times to see if Casey needed a ride back to their Marda Loop home, but the pub phone was accidently left off the hook for two hours.

"Somebody murdered my wife," she said, adding later that the community had lost a best friend.

Boniface said the police told her they had seized security cameras along 10 Ave. and had some leads, including looking for a car that was either white or silver in colour that had been travelling at high speeds.

Boniface said that Casey will be transported back to Ireland to be buried beside her mother.

Anyone with information is asked to call the police at 403-266-1234 or Crime Stoppers at 1-800-222-TIPS (8477).

HOV lanes eyed for Calgary

JENNIFER HILLIKER
for Metro Calgary

TRAFFIC It may soon be easier to get to work on time, as long as you bring a fellow co-worker with you.

A preliminary study that documents the use of carpooling lanes is being reviewed at the Land Use, Planning and Transportation Committee on Wednesday.

"We don't physically have the capacity to add more lanes in this city," said Ald. John Mar. "The overall benefit from these lanes is that we'll reduce the amount of congestion."

Mar requested the study during a city council meeting last September. A final implementation strategy will be included as part of the 2009 Calgary Transportation Plan to be presented to city council in June.

"One (road) that I certainly hope that is being looked at is Deerfoot Trail," Mar said.

However, some say there could be difficulties on a highway like Deerfoot.

"The exits along Deerfoot are too frequent for a carpool lane to work effectively," said Gary Brooks, manager of Carmacks, a road construction and highway maintenance company. "By the time you get over to the carpool lane, you might have to get over to the exit lane."

Jerry Bellikka, an Alberta Transportation representative, agrees. "You would have to add another lane. Where else would they put carpool lanes?"

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Traffic tickets up for transit drivers
Transit drivers are under scrutiny after it was reported yesterday that traffic tickets were up 25 per cent to 209 tickets for transit drivers. That includes 172 photo radar tickets and 37 red-light tickets, the latter of which is up 15 per cent from 2007. METRO CALGARY

Local

Set course for world première

The residents of Vulcan continue to make their pitch to try to beam up the world première of the new Star Trek movie to their community. The town of Vulcan, 120 km southeast of Calgary, is widely known for its Star Trek theme. The community holds an annual Star Trek convention every June. METRO CALGARY

Citytv
ROGERS™

Homeless enjoy food and music

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Proving "a man's a man," clients at the Calgary Drop-In Centre enjoyed music and food yesterday for the sixth annual Robbie Burns Dinner for the Homeless.

The day is in honour of Scotland's most-loved poet.

Hundreds of clients at the drop-in centre gathered to celebrate his 250th birthday yesterday with food, bagpipes and kilts.

"This brought the first smile of the day to my face. It was just incredible to watch them perform," client Mike said of the St. Andrew-Caledonian Society of Calgary performance.

"It really did make me happy."

Mike himself was formerly a bagpiper and enjoyed the music while making connections, and maybe, even joining the St. Andrew–Caledonian Society.

"I used to drum, too, so I will do whatever they need me to do."

Robert Henderson, president of the society, said yesterday's dinner is considered the largest Robbie Burns dinner in Canada.

"They love it. They were asking for us since last month, and by the time we're done today, we'll have requests already to come back," he said, adding the clients feel respected.

"Robbie Burns was a common man who said all men are men, despite where they come from or what they do. Burns encouraged everyone to appreciate and respect all others," he added.

Menu

- The dinner consisted of neeps, taddies, haggis and, for the non-traditionalists, roast beef and gravy.

Art Boardworx ribbon cutting

ROBIN KUNISKI/FOR METRO CALGARY

Deputy Mayor Jim Stevenson, centre, helps cut the ribbon at an Ellis-Don construction site with members of the boys and girls clubs of Calgary as they unveil the newest Community Boardworx Project mural at 12 Ave and 8 St SW. Metro Calgary, along with the Downtown Calgary Association, Boys and Girls Clubs of Calgary, Urban Youth Worx and the City of Calgary are partners in the initiative.

Lawyers offer services to non-profits

VOLUNTEERING Charities looking for assistance with legal costs are being actively sought out by a company wanting to help.

Volunteer Lawyers Service is a legal organization that has more lawyers than charities, said the chair of VLS, Bruce Churchill-Smith.

Churchill-Smith said the program is there to assist charities with everything from startup needs, to taxes, to being sued and everything in between.

A lawyer himself, Churchill-Smith said it's about giving back to the community.

"It's an important part of what we do as lawyers," he said.

Not-for-profit organizations are encouraged to apply to see if they qualify for the assistance, since there is a screening process to ensure that those getting help actually need it.

Interested charities can call (403) 218-4317, or visit www.volunteerlawyersalberta.com.

ALICIA FOX/FOR METRO CALGARY

McClung house to be saved?

HERITAGE The Nellie McClung House may be protected from demolition as it could soon be designated as a municipal historical resource by city council.

Nellie McClung lived at what's currently 803 – 15 Ave S.W. until 1932. She was one of the Famous Five who pushed the Supreme Court to rule that women were persons.

"Without houses like this, we would have no history at all," said Ald. Ray Jones. METRO CALGARY

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WHAT'S ONLINE TODAY

Video Omar Khadr's fate up in the air as Gitmo closure looms at **metronews.ca/canada**

Lotteries

Friday, Jan. 16: Super 7: 9, 11, 15, 16, 31, 39 and 47. Bonus 12.; **Saturday, Jan. 17: Lotto 6/49:** 8, 12, 20, 28, 39, & 47 Bonus 10
These results are not official.

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Rare goat dies in Calgary zoo
An exotic goat at the Calgary Zoo accidentally hanged itself after it became entangled in a rope and then fell off a log, CTV Television reported yesterday. **REUTERS**

Canada

Transit rider Tasered

B.C. transit police say a man was shocked with a Taser on Friday when he allegedly evaded a fare. A transit police officer suffered a head wound during the confrontation in New Westminster, B.C.

CBC NEWS ONLINE

Obama sparks mixed hopes in Canada: Poll

Most Canadians believe Barack Obama will improve the image of America around the world, but many doubt he will be able to keep some of his biggest promises, a new poll has found.

A Torstar/Angus Reid survey found 79 per cent of Canadians believe the next president of the U.S. will succeed in boosting the battered reputation of his country around the globe, but fewer think he will be able to overcome some of the challenges to get him there.

"Although there seems to be a love affair going on between Canadians and Obama, we haven't been blinded to the magnitude of the challenges that he is facing," said Mario Canseco, vice-president of polling company Angus Reid Strategies.

27 The percentage of poll respondents that believe Obama will withdraw all combat troops from Iraq in 16 months.

Respondents were optimistic about Obama's promise to close the U.S. military prison at Guantanamo Bay, with 49 per cent of respondents believing he'll succeed.

Forty-seven per cent believe he will succeed at boosting the American economy and creating more jobs, but only 29 per cent believe he will ensure affordable health care coverage for all Americans.

Twenty-two per cent believe he will be able to reduce the U.S. dependence on oil.

The majority of Canadians think the change in administration is good news for Canada-U.S. relations, with 57 per cent believing bilateral relations will be better with Obama than they have been under President George W. Bush.

Obama also fared better than Prime Minister Stephen Harper when participants were asked which leader they trusted to make the right decisions on key issues affecting both Canada and the U.S.

TORSTAR NEWS SERVICE

Iggy says budget better impress

Arguing that a recession is not the time to cut income taxes, the federal Liberals yesterday served notice on Prime Minister Stephen Harper that he risks his government if he goes ahead with across-the-board cuts.

Harper, whose Conservative government will stand or fall based on what's in the Jan. 27 budget, has said the economic rescue package must include tax breaks for middle-class average Canadians. The Liberals are opposed to making tax cuts — the centrepiece of the budget, and interim leader Michael Ignatieff signalled yesterday the party is prepared to dump the Conservative minority.

Yesterday, as he opened a two-day caucus meeting, Ignatieff renewed the threat to defeat Harper's government if the budget does not do enough to jump-start the economy and protect Canadians.

Ignatieff, installed as interim leader in early December to replace Stéphane Dion, has shown only lacklustre support for the idea of a Liberal-NDP coalition (supported by the Bloc Québécois) to defeat the Tories.

CHRIS WATTIE/REUTERS

Interim Liberal Leader Michael Ignatieff speaks during a Liberal caucus meeting on Parliament Hill in Ottawa yesterday.

"Will it save jobs? And most important of all, will it create the jobs of tomorrow?"
Michael Ignatieff, Federal Liberal leader

"This budget has three simple tests that it must pass," he added. "Will it protect the most vulnerable? Will it save jobs? And most important of all, will it create the jobs of tomorrow?"

TORSTAR NEWS SERVICE

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With Gitmo's days numbered, fate of Omar Khadr uncertain

In hearing rooms tomorrow morning at Guantanamo Bay, when U.S. courts on the mainland are closed, Omar Khadr's case will unfold.

Incoming U.S. president-elect Barack Obama faces a swarm of legal challenges and emotional and political high stakes in dealing with this notorious place, which has become a worldwide symbol of all that went wrong with the Bush administration's war on terror.

While it's widely anticipated that one of the new president's first acts will be to order this prison closed and halt the 21 war crimes trials the Pentagon is now pursuing, it was business as usual here this weekend.

Journalists, witnesses, court staff and five relatives of 9-11 victims were flown from Washington on the weekend.

What lies ahead

- Omar Khadr, the youngest detainee at Guantanamo, is a Canadian citizen arrested when he was 15.
- His trial and his future are uncertain with U.S. president-elect Obama facing legal issues over Gitmo.

Security preparations are underway to transport Khadr and the alleged 9-11 co-conspirators to their separate courtrooms.

Just what will happen tomorrow is uncertain. It was supposed to be the start of pre-trial hearings concerning Khadr's statement to interrogators. The military judge would be asked to decide if methods used during questioning were considered "coercive" or crossed the line into torture. The rules governing the military commissions permit the use of coercive techniques to extract statements, although exactly what that entails is not described.

No one seems to have a clear idea what it all means and even the prosecutors appeared hopeful that they could avoid the confusion.

Late Friday, both the chief prosecutor and his defence counterpart appealed to the military judges for a delay in tomorrow's proceedings. Their request was denied.

What does seem almost certain is that Khadr will not be going to trial in a week to face charges of murder for allegedly fatally wounding U.S. Delta Force soldier Christopher Speer.

The Pengaton has also charged him with attempted murder, spying, providing material support for terrorism and conspiracy.

TORSTAR NEWS SERVICE

Less fog explains warming Europe, study says
Fewer foggy, misty and hazy days resulting from changing weather patterns and less air pollution help explain why Europe's temperatures have risen so fast over the past 30 years – a finding that could help predict future climate change, researchers said yesterday. REUTERS

World

Putin picture fetches big bucks

A picture sketched by Russian Prime Minister Vladimir Putin has fetched 37 million roubles ($1.15 million US) at a charity auction. The painting of snowfall seen through a window, finished by a professional artist, features a sprawling "Putin" signature and was introduced at Saturday's auction with the words: "Here is a new artist."

REUTERS

Tentative truce called in Gaza

Hamas announced an immediate ceasefire in the Gaza Strip yesterday and gave Israel, which had already declared a unilateral truce, a week to pull its troops out of the territory following a three-week war.

There was shooting from both sides after their separate announcements, but broadly the ceasefire appeared to be gaining strength and Israeli troops began pulling out of Gaza, which they entered on Jan. 3, a week after an air offensive began.

"We don't want to stay in Gaza, and we intend to leave it as soon as possible," Israeli Prime Minister Ehud Olmert said.

Troops and tanks could be seen streaming back over the border from Gaza early yesterday, all but ending combat after a 22-day conflict in which more than 1,300 Palestinians were killed. Ten Israeli soldiers and three civilians also died.

In Gaza, families began emerging from their places of hiding and returning to their homes.

Hamas, whose rocket fire Israel said triggered its assault, announced its ceasefire about 12 hours after Israel's own move and said its Islamist allies in Gaza would also adhere to it.

Yet despite the signs of the ceasefire gaining momentum, there still remains no formal deal between Israel and Hamas.

REUTERS

Infrastructure

- According to the Palestinian Statistics Bureau, some 4,000 residential buildings have been reduced to rubble.
- Western diplomats have said it could cost at least $1.6 billion US to repair the infrastructure damage in Gaza.

News in brief

WASHINGTON Barack Obama approached his inauguration as the 44th U.S. president with a mix of solemnity and celebration yesterday, laying a wreath at a military grave and then swaying along at an open-air concert featuring Bruce Springsteen, Beyonce and Stevie Wonder, among others.

SEARCH Arthur Nadel, a Florida investment manager who allegedly disappeared with what could be hundreds of millions of dollars of other people's money, remained missing yesterday as the FBI and the Securities and Exchange Commission joined in the investigation against him.

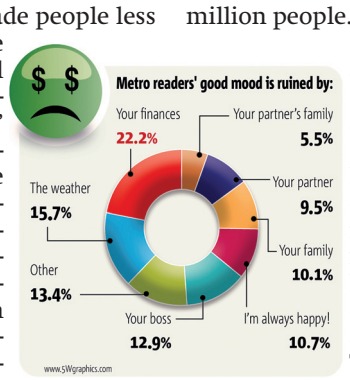
IRAQ A suicide bomber yesterday killed the deputy leader of Iraq's second-biggest Sunni Arab political bloc, the Iraqi National Dialogue Front, as he and other politicians met to discuss an upcoming provincial election, the party's leader said.

REUTERS

Economic woes won't affect happiness: Expert

STUDY Happiness can survive the blows of financial crises, says Ruut Veenhoven, who has been studying happiness for more than 25 years.

"Whether the financial crisis has made people less happy, one can only tell when the crisis is over," said the director of the World Database of Happiness, a register of scientific research on the subjective enjoyment of life.



"It's not very likely, because the previous economic crisis didn't have effects on happiness," the professor of sociology at Erasmus University in Rotterdam told Metro.

"I'm talking about the crisis between 1980 and 1982. That was a considerable recession with unemployment in the Netherlands increasing to half a million people.

"In 1989, a couple of colleagues and I did research on how this crisis had a negative effect on the happiness of the average citizen. There was hardly any effect. People were a little more worried about their income, but not less content with their lives as a whole."

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Comment & Views

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Put on your boogie shoes

HineSight

Anne Hines

A while back I did a column on "wise things said by people who aren't me."

Given the success of this piece (someone mentioned they'd read it), I now present: Wise Words, Installment No. 2.

First up, playwright and style-slave of the Victorian age, Oscar Wilde, who, on his deathbed in the home of a friend, famously announced, "Charles, either these curtains go, or I do."

Wilde also said, "Fashion is merely a form of ugliness so unbearable that we are compelled to alter it every six months."

I would disagree with this entirely if it weren't for gladiator shoes and the 1980s. Also, the only way I'm going to make it onto anyone's best-dressed list is if Home Workers Monthly runs a "ratty bathrobe issue."

Next, historian and Harvard professor, Laurel Thatcher Ulrich, who said: "Well-behaved women rarely make history."

They do, however, get invited to dinner parties and asked to join book clubs.

Life's a trade-off, eh?

From an Old Chinese proverb: "It is better to light a single candle than to curse the darkness."

Cursing the electric company, however, is entirely OK.

Legendary actor W.C. Fields: "If at first you don't succeed, try, try again. Then quit. There's no use being a damn fool about it."

Words to live by. Particularly if you're a) a person trying to get a date or b) a national political party trying to get a majority.

Next, from an anonymous source: "No one in all society is so underrated, disregarded and underpaid as the plucky humour columnist." I just can't imagine who said this. It's got a ring of truth though, doesn't it?

Lastly, wise words from Fredrick Nietzsche. Nietzsche was born in Germany in the mid-1800s and undertook a career as a philogist. He abandoned this, possibly upon realizing that no one knew what the heck a philogist was.

He then became a philosopher somehow thinking this would be a more profitable career choice. Some guys can't win.

As a philosopher, Nietzsche offered such insights as, "Existence is an imperfect tense that never becomes a present." To which we can only respond, "Um … what?" He also said, "It is my ambition to say in 10 sentences what others say in a whole book." Clearly, this is a man who didn't get the concept of "royalties."

However, I forgive Nietzsche everything for saying, "We should consider every day lost in which we have not danced at least once."

It doesn't get any wiser than that.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Views

West LRT missing major employment centres

InTransit

Chris Phalen

calgaryletters@metronews.ca

Council's judgment to exclude Mount Royal College on the West LRT line is the kind of gaffe we've come to expect from our heralded leaders.

The approved alignment, which routed the train west on 17th Ave., and in doing so failed to pick up major employment centres like MRC, ATCO and Westmount Corporate Campus Centre in the Lincoln Park-Garrison Green communities, was completed with rapid disregard.

Naheed Nenshi, spokesperson for the Better Calgary Campaign, argues council needs to recognize transit should not serve the network, but that the network needs to serve where people want or need to go.

"There was very shoddy analysis done to justify the final alignment and it was done with enormous speed," said Nenshi.

Nenshi said the city is leading the public to believe more people work west of Sarcee Trail than in the Lincoln Park area.

City planners have argued that compromising the LRT service to downtown by altering the route to include MRC would be counter-productive, as it would decrease downtown ridership potential, which the planners project will be far higher than the potential ridership from Mount Royal College.

But council's insensitivity to taxpayers who don't work in the downtown core is represented by existing and proposed transit infrastructure.

On a busy day, MRC hosts 18,000 people from the four quadrants of Calgary, and commuters go there at all times of the day — not just peak hours.

"There was very shoddy analysis done to justify the final alignment and it was done with enormous speed."
Naheed Nenshi, Better Calgary Campaign

The point is, universities and colleges are major employment hubs, symbols of a community's cultural entrenchment and should be prioritized on the chain of transit expansion.

Calgary Transit plans to add more Bus Rapid Transit routes to MRC and could integrate those routes immediately, but mysteriously dilly-dally on such a simple initiative.

While the West LRT, a grand-scale project, was approved with such enormous speed and incomprehensible analysis the whole scheme loses credibility in comparison.

Granted, the cost of routing the LRT to Mount Royal is greater and the logistics are more complicated, but if the city can spend $150,000 million to extend the tracks a couple of kilometres in the northwest to pick-up two low-density neighbourhoods such as Tuscany and Rocky Ridge, council could surely splurge for an established institution.

The 17th Ave. alignment goes against the city's vow to attempt to reel in rapid sprawl, and routing it west means the rail will be chasing developments and not the other way around.

Chris Phalen is a past contributor to Avenue magazine. He has also contributed to the Prince Albert Daily Herald, Globe and Mail and various magazines.

Letters

Defending religious freedom

In most cases, having more than one wife is part of tradition/religion.

If I am free to practise my religion, then I should be allowed to have more than one wife or else it's discrimination.

If one's tradition is to have one wife, why should that be enforced on other religions?

Religion is a way of life, a practice which requires willing participants; there is no one who suffers.

For one to call it disgusting, they do not respect other people or religion.

THULANI NGWENYA, CALGARY

Making consensual polygamy illegal infringes on civil rights

I'm not a polygamist. Frankly, one wife is more than enough for me. But I don't think it should be illegal.

It's a way of living that goes against our country's dominant religious moral beliefs, but that's no reason to make it illegal. Hopefully, that law will go out the door like so many other antiquated laws that go against our civil rights, like the now-abolished laws against interracial marriage in the United States, or the continuing debate against gay marriage.

Some polygamous relationships have been abusive, but so are quite a few monogamous relationships. We already have laws, help lines and services to deal with these horrible situations.

I don't see what making consensual polygamy illegal does, other than infringe on people's civil rights to live their lives according to their religious or cultural beliefs.

GIAN MANCUSO, TORONTO

Quote of the Day

"There's a peace to (being married) and a sense of togetherness that we just didn't have before … it's so lovely."

— Actress Portia De Rossi commenting on her five-month marriage to TV talk show host and comedian Ellen DeGeneres. PEOPLE.COM

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Biotech firm to test stem-cell therapy
British biotechnology company ReNeuron Group has received regulatory approval for a clinic trial to assess whether the injection of fetal stem cells can help 12 patients regenerate parts of the brain damaged by stroke. REUTERS

Business

Gas agreement on table

Russia and Ukraine aim to sign a deal today to restart gas flows to Europe through Ukraine after agreeing on a price for 2009 supplies. Russian Prime Minister Vladimir Putin said Ukraine will receive a 20 per cent discount from the price European customers pay, on condition Kiev froze 2009 tariffs for gas transit at last year's levels. REUTERS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Tough love for banks, Obama aide promises

U.S. President-elect Barack Obama will push bankers to resume lending to businesses and consumers to help put the ailing economy back on track, his top aides said yesterday.

"I think he is going to have a strong message for the bankers," said David Axelrod, a top Obama adviser. "We want to see credit flowing again. We don't want them to sit on any money that they get from taxpayers."

Axelrod, on the ABC Television program This Week, said, "We have to make sure the money doesn't go to excessive CEO pay and dividends when it should be going to lending."

"Let's remember why we're in the mess we're in."
David Axelrod on the Bush administration

Obama has put forward an $825 billion US stimulus package that is designed to create more than 3.5 million jobs in the next few years.

Republicans have criticized aspects of Obama's package as a throwback to what they call traditional Democratic borrow and spend policies.

Axelrod rejected complaints from the top House Republican, John Boehner of Ohio, that Obama had failed to consult adequately with Republicans and would not be able to generate enough jobs through the proposed plan.

"Let's remember why we're in the mess we're in," Axelrod said in a critique of the Bush administration. "Part of it is that when the Clinton administration left office, we were running record surpluses, and the policies that were put in place doubled our debt in a matter of a few years." REUTERS

Staffing issues

- Obama stands behind Timothy Geithner, his choice for treasury secretary, despite his failure to pay some taxes, incoming chief of staff Rahm Emanuel said.

Taiwan **Economic stimulus**

REUTERS/NICKY LOH

People shop along a street market in Taipei on Saturday. The Taiwanese government distributed consumer vouchers worth $132 US to each citizen in a bid to stimulate domestic consumption and invigorate the country's economy.

Obama's job plan breaks cycle: Aide

ECONOMY U.S. President-elect Barack Obama's senior economic aide, Lawrence Summers, said yesterday he does not see the U.S. rate of unemployment topping 10 per cent.

While he predicted "substantial job losses," he was confident Obama's economic plan would "contain what would otherwise be just a vicious cycle, people spend less, therefore they earn less." REUTERS

In **brief**

ECONOMY Britain's gross domestic product will fall 2.7 per cent in 2009, the biggest economic contraction since 1946, Ernst & Young predicted.
BAILOUT Denmark unveiled a bank aid package worth $17.7 billion US yesterday, offering to inject public credit into banks to jump-start lending. REUTERS

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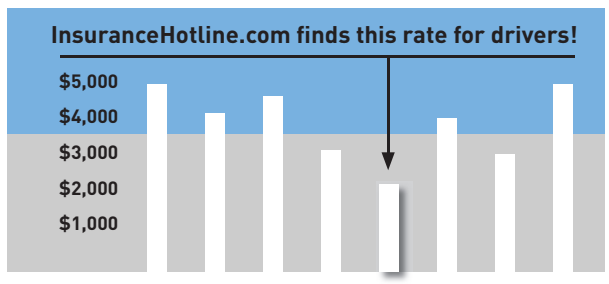

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Henderson, Rua win; Kang falls at UFC 93

Dan Henderson and Mauricio (Shogun) Rua celebrated wins at UFC 93 in Ireland on Saturday while Canadian Denis Kang was left to wonder what went wrong in his UFC debut. The Vancouver native tapped out in the second round after falling into a chokehold from his opponent, Alan Belcher. METRO NEWS SERVICES

Sports

Bronze for Canuck duo

Alex Harvey, at right, and George Grey, left, won a bronze medal in yesterday's cross-country World Cup race in Whistler, B.C. Harvey, from St-Ferreol, Que., caught Russia's Alexei Petukhov at the finish to earn Canada's first men's World Cup medal in team sprint.

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Flames buried by Avs

NHL RESULT

Flames 2 Avalanche 6

VS

LAURENCE HEINEN
for Metro Calgary

MARK LEFFINGWELL/REUTERS

Ryan Smyth's short-handed shot slips by Curtis McElhinney for Smyth's 300th NHL goal last night.

THE SKINNY: Following a 3-2 setback to the Phoenix Coyotes at home on Saturday night, the Calgary Flames didn't have much time to regroup for a road game in Denver the next evening and dropped their second straight decision.

THE MOTIVATION: After losing all four previous games they played against the Flames this season, the Avalanche were fired up and built a 2-0 lead through one period on their way to snapping a three-game streak of setbacks.

THE MILESTONES: Colorado forwards Ryan Smyth and Milan Hejduk both notched their 300th career goals in the second period to the delight of the hometown fans at the Pepsi Center.

THE QUOTE: "It's obviously an honour to play in the NHL, and to accomplish 300 goals in this league is an awesome feeling," Smyth told Rogers Sportsnet.

THE CENTURY MARK: Defenceman Mark Giordano and forward Dustin Boyd both played in their 100th career games with the Flames.

THE NEXT GAME: The Flames host the Columbus Blue Jackets on Wednesday.

Steelers, Cards Super Bowl bound

NFL ROUNDUP

Steelers 23, Ravens 14

Troy Polamalu's 40-yard interception return for a touchdown with 4:24 remaining in the fourth quarter sealed Pittsburgh's 23-14 AFC championship game win over Baltimore and catapulted the Steelers to their seventh Super Bowl appearance.

Ben Roethlisberger completed 16-of-33 passes for 255 yards and a score as the Steelers (14-4), moved ahead to take on NFC champion Arizona Feb. 1 in Tampa, Florida. The Cardinals topped Philadelphia, 32-25, earlier Sunday in the NFC title game.

REUTERS

The Steelers' Troy Polamalu makes the game-clinching interception in the fourth quarter yesterday.

Jeff Reed kicked three field goals for Pittsburgh and Santonio Holmes scored on a 65-yard catch-and-run play in the first half. Baltimore's Willis McGahee ran 20 times or 60 yards and a pair of touchdowns, but was carted off the field on a stretcher late in the fourth quarter after a violent collision with Pittsburgh safety Ryan Clark.

Arizona's Edgerrin James celebrates yesterday.

CARDINALS 32, EAGLES 25

Tim Hightower powered into the end zone on an eight-yard screen pass from Kurt Warner late in the fourth quarter and the Arizona defence fended off Philadelphia's last-ditch efforts, as the Cardinals advanced to an improbable Super Bowl berth behind a 32-25 victory over the Eagles in an exciting NFC championship game.

After blowing an 18-point halftime lead, the Cardinals trailed 25-24 before putting together a meticulous 14-play, 72-yard drive that lasted nearly eight minutes. Hightower gained first downs on 4th-and-1 near midfield and 3rd-and-1 from the Eagles' 14-yard line.

METRO NEWS SERVICES

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Starting today, fans will be able to purchase single-game tickets to the opening round in Toronto. Visit worldbaseballclassic.com or bluejays.com for more.

Nash spreads it around

NBA RESULT

Suns 117 **Raptors** 113

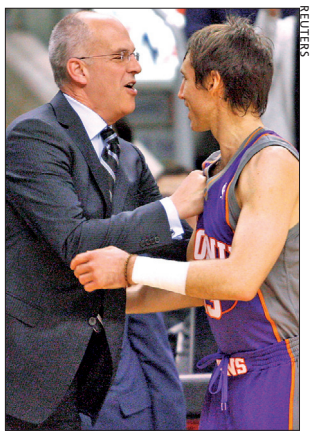
VS

Steve Nash only finished with nine points, but the two-time MVP dished out a season-high 18 assists and had a huge bucket in the waning seconds, as the Phoenix Suns handed the Toronto Raptors a 117-113 defeat.

Amare Stoudemire logged a game-high 31 points and Jason Richardson tallied 17 for the Suns, who won their ninth straight game against the Raptors and snapped a two-game skid.

Shaquille O'Neal and Matt Barnes each contributed 16 points in the win.

"I was very pleased with the win and it is nice to see Steve (Nash) finish up the way he did," Suns head coach Terry Porter said.



REUTERS

Steve Nash is greeted by his former national team coach and Raptors bench boss Jay Triano yesterday in Toronto.

Trade rumours

- The South Florida Sun-Sentinel reported Saturday that there has been talk between the Raptors and Miami Heat on a Jermaine O'Neal-for-Shawn Marion swap.

Anthony Parker paced Toronto with 26 points in the team's fifth straight setback. Joey Graham dropped a career-high 22 points, while Chris Bosh recorded 20 points and 12 rebounds in another loss.

An 8-2 run by Toronto tied the game at 102-all with seven minutes to play. Holding a one-point lead a little later, Barnes hit a jumper and Stoudemire threw down a dunk to put the Suns up, 114-109.

METRO NEWS SERVICES

Sports in brief

FIGURE SKATING Toronto's Patrick Chan overcame a stumble early in his program yesterday to capture his second consecutive Canadian singles title to wrap up the Canadian figure skating championships in Saskatoon. Chan beat Vaughn Chipeur of Calgary, who scored 134.41 on his free program for 206.30 overall. On Saturday, Joannie Rochette of Ile-Dupas, Que., captured the women's singles title, coming from behind to beat Cynthia Phaneuf.

METRO NEWS SERVICES

SCOREBOARD

NHL

SUNDAY'S RESULTS
Colorado 6 **CALGARY** 2
Pittsburgh 3 N.Y. Rangers 0
Columbus 6 Vancouver 5 (SO)
Edmonton 6 Phoenix 3

NBA

SUNDAY'S RESULTS
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Miami 104 Oklahoma City 94

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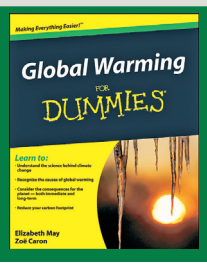
Microwave instead of conventional oven

Save up to 50 per cent of your cooking energy costs by using a microwave instead of a conventional oven. Microwave ovens cook faster because the energy goes directly into heating the food, not the oven or utensils. **TORSTAR NEWS SERVICE**

Going Green



Facts and fiction

Get the lowdown on global warming from the new book Global Warming for Dummies. Authors Elizabeth May (Green party leader) and Zoë Caron explain the ins and outs of global warming and sort out the facts from the fiction. METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

News in brief

POLAR BEARS Scientists and native people in the Arctic want to protect Canada's polar bears despite disagreements over the health of the bear population, Environment Minister Jim Prentice said. Environmental groups want Canada to increase protection of the bears from climate change and hunting, but many Inuit who depend on the animals for income say the bear population is in better shape than scientists realize. The Canadian government considers polar bears a species of special concern, but environmentalists say the classification should be changed to declare the animals as threatened or endangered so they can be better protected. **REUTERS**

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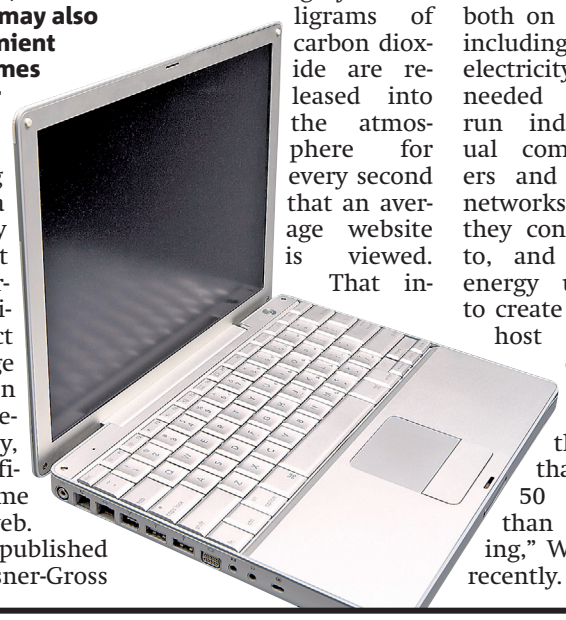
Web of pollution?

Study links surfing the Internet and global warming

Don't tell Al Gore, but surfing the web may also pose an inconvenient truth when it comes to hastening our environmental ruin.

That's among the findings of a recent study by Harvard physicist Alex Wissner-Gross on the environmental impact of Internet usage — a revelation that has, somewhat ironically, generated significant buzz in some quarters of the web.

In a yet-to-be published study, Wissner-Gross found that roughly 20 milligrams of carbon dioxide are released into the atmosphere for every second that an average website is viewed. That includes the energy used both on the surfer's end, including the electricity needed to run individual computers and the networks they connect to, and the energy used to create and host the content itself.



Search

• Google claimed it would take more than 1,000 queries on its search engine to equal the greenhouse gas emissions generated by an average car driving one kilometre.

"At an individual surfer scale, the impact is not that large — about 50 per cent larger than a human exhaling," Wissner-Gross said recently.

"But in aggregate, for websites that get a lot of traffic, it can be substantial and it can be thousands of pounds of CO2 per month."

Though web surfing is not often thought of as a polluting activity, Wissner-Gross noted that a 2007 study by U.S. firm Gartner Research found the global IT industry generated about the same amount of greenhouse gases as the airline industry, which is about two per cent of total global emissions.

Wissner-Gross says he wasn't prepared for the swift reaction that his study generated.

That included a sharp response from Google after a British newspaper cited his study's findings and singled out the search engine giant as a key offender — namely because it directs individual search queries to multiple servers simultaneously in the interest of generating speedier responses. Google, which handles about 200 million Internet search queries every day and controls about 65 per cent of the U.S. market, said in a blog posting the company has "designed and built the most energy-efficient data centres in the world, which means the energy used per Google search is minimal."

While Wissner-Gross said Google was never mentioned specifically in his study, others argue the web giant's green talk masks the fact that it remains a key contributor to a growing problem.

Ron Dembo, the CEO of Zerofootprint, a Toronto company that runs carbon offset projects, said Internet users need to realize their actions can come with a significant environmental cost, and they should think twice before entering a "frivolous" search query or streaming a goofy YouTube video.

TORSTAR NEWS SERVICE

Metro Workology exclusive: Curtain Call
Don't miss Curtain Call, Metro's exclusive feature series in the Workology section. In the realm of death there are some interesting, lucrative and mysterious career opportunities; we will be digging up the stories for you, so check out Metronews.ca/work exclusively throughout January.

Workology

No Picasso for CBU

Cape Breton University is considering selling a Pablo Picasso sketchbook, one of the most valued pieces in its permanent collection. The sketchbook was donated to the university in 1996 by an anonymous donor.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Helping is all in (her) genes

OddJobs

Diane Peters

In 1981, when Cheryl Shuman joined the staff at Toronto's Hospital for Sick Children, she was one of only two fully trained genetic counsellors in the entire country.

Today, the 54 year old heads a staff of 14, and is the program director for the masters programs in genetic counselling at the University of Toronto, one of four such programs in Canada. Her first job was south of the border, as no one was using genetic counsellors here yet.

The entire profession is quite new. It was created in the 1960s in the U.S. when doctors found they needed someone to help them educate pregnant women about the risk for genetic conditions like Down's Syndrome. Shuman first read about the profession in a newspaper article in 1969, when she was in her last year of high school. After finishing a science degree at the University of Toronto, she enrolled in the masters program for genetic counselling at Sarah Lawrence College in New York, one of just a few schools offering such a program.

At school, Shuman learned about the science of genetics, and also took numerous counselling courses that dealt with a range of issues; such as how to break bad news, be culturally sensitive and assess how people are coping.

When she started at the Hospital for Sick Children nearly 30 years ago, Shuman worked in the prenatal program. Now, her clinical hours are devoted to families whose children have genetic disorders that make them grow larger than expected and, as a result of their genetic mutation, are also at higher risk for developing tumours.

While a doctor on her team does the physical examinations, Shuman takes a family history and orders blood tests. She then helps families interpret the results of the genetic tests, discuss how they'll cope if the child is diagnosed, and talk about risks for other family members. "We demystify everything and help people contextualize the information within their own families," she says.

She often sees families a few times, and sometimes they return later if they're considering a pregnancy or want another family member tested.

With almost every new client, Shuman checks the latest medical literature to make sure she's completely up-to-date. Genetic research is making new discoveries constantly. The Hospital for Sick Children now has counsellors working with kids with metabolic problems, sex chromosome mutations and cancer. In the future, the list will probably expand.

"At my job, there's always something new."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Pete Wentz and Ashlee Simpson guest on CSI
Real-life husband and wife Pete Wentz and Ashlee Simpson have signed up to play Bonnie and Clyde-type wannabes on the CBS drama CSI:NY. METRO NEWS SERVICES

Entertainment

Star expecting

Rachel Griffiths, who stars on ABC's Brothers & Sisters, is adding another baby to her brood. The mother of two is pregnant with her third child.

PEOPLE.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Box office

1. **Paul Blart: Mall Cop:** $33.8 million US
2. **Gran Torino:** $22.2 million
3. **My Bloody Valentine: 3-D:** $21.9 million
4. **Notorious:** $21.5 million
5. **Hotel for Dogs:** $17.7 million
6. **Bride Wars:** $11.8 million
7. **The Unborn:** $9.8 million
8. **Defiance:** $9.2 million
9. **Marley & Me:** $6.3 million
10. **Slumdog Millionaire:** $5.9 million

REUTERS

A tribute to horror classics

My Bloody **Valentine 3-D**

Director: Patrick Lussier
Stars: Jensen Ackles, Jaime King
Classification: 18A
Rating: ⊕⊕⊕

STEVE GOW
for Metro Canada

MICHAEL ROBERTS PHOTO

Jaime King, left, and Megan Boone in a scene from the new horror film My Bloody Valentine 3-D.

REVIEW I'm not sure why it came as a shock to me that I actually enjoyed My Bloody Valentine 3-D.

After all, I have a fondness for the gratuitous horror genre of the early '80s and since this is a revamped version of one such low-budget slasher pic, why wouldn't the nostalgia tweak a sense of fun? Toss in some stunning digital 3-D technology and bring on the pickaxe-flailing psychopath, I say!

A shocker about a murderous stalker who devastated a small mining town called Harmony, Valentine picks up 10 years after the psychopath is thought to have died. Guess what? He's back and nobody knows who's hidden behind the killer's mask. Could it be the duplicitous sheriff (Kerr Smith) or a young heir (Jensen Ackles) who has coincidentally returned to shut down the mine?

As much as this film is counting on the gimmickry of 3-D to fill seats, director Patrick Lussier (Dracula 2000) manages to avoid hanging himself solely on the gag and instead constructs a suspenseful homage to those earlier horror flicks while keeping the killer's identity hidden just long enough to carry the simple plot.

Lussier never takes the scares too seriously and captures campy, over-the-top dialogue and gratuitous, gory death scenes designed to maximize the stunning effects — there's nothing quite like seeing a head cut in two by shovel in digital 3-D. Sure, this Valentine is not for the faint of heart, but to paraphrase another's sage-like words — those who like it, will like it a lot.

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Inkheart brings shades of darkness to genre

STEVE GOW
for Metro Canada

Brendan Fraser plays the lead role in the screen adaptation of Inkheart, a book inspired by Fraser.

FEATURE Quite literally, Inkheart was made for Brendan Fraser. After all, when author Cornelia Funke first set out to write her popular novel, she modelled the main character after the famous star detailing his inspiration in the book's dedication. For a humble Canadian-raised actor like Fraser, it was a bit much.

"I could feel my leg getting pulled," laughed Fraser during a recent interview in L.A. "I was like, 'OK, where's Ashton Kutcher?'"

It does sound somewhat lampoonish. The boyish charm Fraser captures onscreen in blockbusters like The Mummy may have made him a star in Hollywood, but it's not what you'd expect to motivate a prolific award-winning author.

"I wanted somebody where you (believe) he hugs the girl," insisted Funke who also produced Inkheart — in theatres Friday. "(But) the most important thing, I needed a beautiful voice where you believe if he reads something, the characters come out of the book."

Which is just what happens to Fraser as Mortimer Folchart. A bookbinding, adventure-seeker who loves ancient tomes, Folchart discovers he has the power to bring literary characters to life just by reading them aloud.

As Funke admits, the story was aimed at celebrating literature, an aspect that also appealed to the cast.

"It's a good story and it deserves to be made," said Fraser. Inkheart features darker elements than most family fare that fills theatres these days but co-star Paul Bettany insists those themes of death and corruption give the film its potency.

"I don't know when we started being so overly protective of our children. I was scared to death by The Wizard of Oz and it was exhilarating," said Bettany, adding that cinemas are the perfect place for kids to discover such emotions.

Mayer on TV
Singer John Mayer has landed his own variety TV show. The guitarist is planning a pilot episode for CBS. Network president Nina Tassler said. "It'll be a music variety sketch show." **FEMALEFIRST.CO.UK**

Battlestar bidding

IntelleVision

rick.mcginnis@metronews.ca

THE GEEK GARAGE SALE: So were you shocked by Friday's return of Battlestar Galactica?

Thrilled, bummed out, disappointed, confused? It's one down, nine to go — not including The Plan, the Edward James Olmos-directed movie, due to air after the final episode, which is actually set sometime during the first season, so it doesn't really count toward the show's finale. And then there's Caprica, the prequel series scheduled to debut next year, but let's not get ahead of — or behind, as the case may be — ourselves.

Word also came down this weekend that Matt Weiner has finally signed a contract that puts him at the helm of two more seasons of Mad Men, which will hopefully be as far as he's willing to take the show.

I've been gritting my teeth hoping that Ronald Moore and the rest of Galactica's creators wouldn't make that often invisible slip into hokey junk before wrapping up the series, and now I've got to worry that Weiner will pull off a decent denouement for his show and avoid the temptation to keep a steady gig. I'd like to think that both shows, in the end, will underline the case for limiting the lifespan of a TV series to four seasons at the absolute maximum, though in a perfect world two seasons should be enough.

The real prize was probably the dress worn by Number Six, played Tricia Helfer.

Fans who, like grieving relatives or the lovelorn, can't let go, were probably bleeding their bank accounts this weekend at the auction of the show's costumes, props, sets and design drawings held in Pasadena, Calif., where you could pick up a Cylon Resurrection Tub (lot 799, estimated at $2,500-$3,500 US), a full-sized Viper (lot 347; $50,000-$60,000) or Adama's desk and accessories (lot 752; $6,000-$8,000.) The budget-conscious could settle for the pen Gaeta used to stab Baltar (lot 441; $400-$600, complete with dried stage blood), while you'll be a star at the next comic con with either an unnamed Viper pilot uniform (four lots from small to XL; $2,000-$3,000) or Kara Starbuck's flight suit (lot 111; $10,000-$15,000.)

The real prize, however, was probably the red backless dress worn by Number Six, played by ex-model Tricia Helfer (lot 260; $10,000-$12,000), and probably only suitable for a very lean size one who's been spending a fair bit of time in the gym. Or a very willowy and extravagant transvestite whose tastes run to Darth Vader and not Marlene Dietrich.

Rick McGinnis writes about music, movies, books and television, but not opera.

In brief

NETWORKS Even with hit shows such as Desperate Housewives and Grey's Anatomy, ABC is tightening its belt as it weathers the U.S. economic downturn and tries to remain relevant in an industry challenged by digital entertainment. ABC, a unit of Walt Disney Co, has lost about 9.7 percent of its prime time audience in the 2008-9 season compared with the same stage last year.

REUTERS

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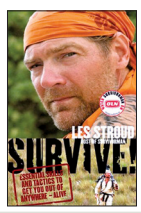
Survival for all unlikely situations

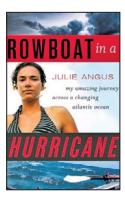


Survive!

Author: Les Stroud
Publisher: HarperCollins
Price: $21.95 (Paperback)

BookPicks

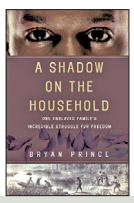
Survival, thank heavens, is a subject we're far more likely to encounter in a dramatic work than in real life. But for those do-or-die moments when you need to start a fire on a deserted island, brave a bone-chilling blizzard or forage for dinner in the middle of a hurricane, Les Stroud of Survivorman television fame has got you covered. In Survive!, Stroud presents detailed tips and helpful accompanying photographs on everything from building an appropriate shelter to finding something edible, as well as how to train your mind to attain the psychological state needed to help you live.



Rowboat in a Hurricane

Author: Julie Angus
Publisher: Greystone Books
Price: $22 (Paperback)

Canadian couple Julie and Colin Angus not only crossed the Atlantic Ocean in a rowboat, but survived four cyclones — including two that escalated into hurricanes — in the process. Rowboat in a Hurricane is Angus' account of the 10,000-kilometre journey, and she details not only the climactic challenges they met along the way but also their encounters with all sorts of unique critters, including the frigatebird and a giant sea turtle. To her surprise, the oceanic whitetip shark, once common to these waters, didn't put in an appearance — a sign of environmental ravage. Angus entwines science with intimate exchanges in this engaging account.



A Shadow on the Household

Author: Bryan Prince
Publisher: McClelland & Stewart
Price: $32.99 (Hardcover)

In the mid-nineteenth century, against the climate of American slavery, John Weems had one wish: For the nine members of his family to survive, together. The former slave had been able to buy his own freedom, but when his family's master died, profit-hungry descendants aimed to separate the family to sell. But his family members tried in their own way to reunite with Weems, including his daughter, who used the Underground Railroad to find liberty in Canada. Ontario slave descendant Bryan Prince pens this impassioned true tale of a family's eight-year fight for freedom in union.

BRIAN COULTON/ FOR METRO CANADA

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/19/09 primetime	267	351	- ACCESS	Truth, Duty, Valour		Smallville "Committed"		Gossip Girl (HDTV) (N)		Smallville "Legion" (N)		Truth, Duty
	243	317	3 CFCN	etalk	Hollywood	CSI: Miami (HDTV) (N)		Big Bang Th	Two/Half Men	Two/Half Men	Corner Gas (N)	News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Bachelor (N)				True Beauty
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Being Erica (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Captain Cook: Obsession		House "Painless" (N)		24 (HDTV PA) (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		True Beauty (N)		The Bachelor (N)				Your City
	119	705	9 CBXFT	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Les Boys (SC)	Tout sur moi	Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (N)
	-	374	14 KSPS	NewsHour With Jim Lehrer		'Allo, 'Allo!	Steves Europe	Antiques Roadshow (N)		The Story of India (N)		India
	502	390	15 CBC	CBC News: The National		Doc Zone "Omar Khadr"		CBC News: The National		CBC News: The National		Doc Zone
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Superstars of Dance The dance competition continues.				Momma's Boys
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	House "Painless" (N)		24 (HDTV PA) (N)		News (N)
	297	652	37 WPIX	One Tree Hill (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500	29 CNN	Larry King Live (Live)		Anderson Cooper 360 (HDTV) (Live)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	NBA Basketball: Suns at Celtics			Tennis Australian Open -- Early Round -- Day 2. From Melbourne, Australia. (Live)					
	408	418	27 net	UFC 83: Serra vs. St. Pierre 2				Hockey Central	UFC Primetime	Sportsnet Connected		Prime Time
	410	403	30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457	44 OLN	Mantracker		Bounty Hunter	Dakar Rally	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	My Classic Car	My Classic Car	Barrett-Jackson		Trackside	NASCAR Pre.	SuperCars	SuperCars	My Classic Car
family	552	543	20 YTV	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Zixx Level	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	CMT Star: Pets	CMT Star	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Momma's Boys (N)		*The Last Templar* (2009, Adventure) Mira Sorvino.				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	How Clean	Kim	Love It or List It		Save Us-House
	521	560	24 TLC	Jon & Kate Plus 8 (N)		Little People: Just Married (N)		Jon & Kate Plus 8		Jon & Kate Plus 8		Little-Married
	603	561	25 FOOD	Food Detective	Road Tasted	Hell's Kitchen		Chef School	Chef School	Challenge Candy castles.		Food Detective
	615	520	26 A&E	Intervention "Casie" (N)		Paranormal	Paranormal	Paranormal	Paranormal	Intervention "Kristen"		Intervention
	617	522	32 SHOW	Wife Swap		The Outer Limits		Kink in Hair	Kink in Hair	Kenny-Spenny	Rent-A-Goalie	Name Is Earl
	601	562	33 SLICE	Tabatha's Salon Takeover		Tim Gunn's Guide to Style		ET Canada	Matchmaker	Tim Gunn's Guide to Style		Trading Sp
	-	633	34 ENC2	*Four Weddings and a Funeral* (1994, Romance-Comedy)				*Notting Hill* ★★ (1999, Romance-Comedy) Julia Roberts.				*Sense*
	520	505	35 DISC	Dirty Jobs		Verminators (N)		Daily Planet		Dirty Jobs		Verminators
	620	523	36 BRAVO	Crossroads of Rock N' Roll		Bravonews	McLauchlan	Law & Order		Without a Trace		*Mi Vida Loca*
	294	650	40 WPCH	(6) Black in America		Welcome to	Welcome to	Family Guy	Family Guy	Seinfeld	*Corrina, Corrina* ★★ (1994)	
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Joan Rivers
	-	539	42 TCM	(6) *No Way Out* (1950)		*A Soldier's Story* ★★★ (1984, Mystery), Adolph Caesar				*Odds Against Tomorrow* (1959, Crime Drama)		
	628	584	43 SPIKE	*The Hills Have Eyes* ★★ (2006, Horror) Aaron Stanford, Vinessa Shaw.					MANswers	CSI: NY "A Man a Mile"		Disorderly
	522	516	45 HIST	Massacre at Verrieres Ridge		NCIS "Once a Hero"		Battle 360		Massacre at Verrieres Ridge		NCIS
	627	528	46 SPACE	The Dresden Files		Ghost Hunters		Stargate SG-1 "1969"		Star Trek: Next Gener.		Deep Space 9
	-	-	47 AMC	(6) *Casino* ★★★ (1995, Crime Drama) Robert De Niro, Sharon Stone, Joe Pesci.						*The Package* ★★★ (1989, Suspense)		
	619	525	49 TROP	What Happen?	Whatever	TV Made, Do It	News Show	Tube Tales	Whatever	Make or Break	TV Made, Do It	Planet Soap
	600	564	50 HGTV	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes on Homes		Property Virgin	Income Prop.	House Hunters
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks	Squeeze Play
	526	507	92 VIVA	Commander In Chief		Truth, Duty, Valour		Mediums	In Dreams	Judging Amy		Commander
	269	350	93 APTN	MYTV	The Mix	La Voix Mechif	Dancing-Spirit	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle	Cowboy C'try
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy-Entertain
	571	581	100 MMM	Where You At	Back In	Don't Forget the Lyrics!		Don't Forget the Lyrics!		Party of Five		Don't Forget
	570	580	101 MM	MuchTopTens		MuchNews	The NewMusic	MuchVibe		So You Think You Can Dance		
	581	566	102 MTV	Bromance (N)		The City	City Live After	MTV Live	MTV News	Bromance		The City

critics'corner

House
Now here's a patient House can relate to. In this new episode, he and his team try to figure out what's wrong with a man suffering from chronic pain — something House has lived with for years. Foreman and Thirteen deal with their budding relationship, and Cuddy gets a lesson in juggling work and parenthood in the new episode "Painless." 9 PM on CICT, KAYU

Being Erica
She's certainly not the first person to try passing a pal off as a significant other. In this new episode, Erica brings her best buddy, Ethan (Tyron Leitso), to her high-school reunion as her date. A trip back to the time she lost her virginity gives her some insight into the roots of her problems with romantic relationships. Michael Riley also stars in "Plenty of Fish." 9 PM on CBRT

Two and a Half Men
Who's her daddy? In this new episode, Alan (Jon Cryer) believes he's the father when Judith reveals she's expecting a baby girl. Charlie suspects he knows the reason Jake has been in an argumentative mood lately. Conchata Ferrell also stars in "I Think You Offended Don." 10 PM on CFCN. KREM

Boy George is sentenced to 15 months of prison
Former pop star Boy George (real name, George O'Dowd) was sentenced Friday to 15 months in prison after being found guilty for falsely imprisoning and beating a Norwegian male escort, Audun Carlsen. INTOUCHWEEKLY.COM

Celebrity Buzz

Winehouse pleads against divorce

DISPUTE Amy Winehouse has vowed she will not allow her husband to go ahead with his divorce plan, people.com reports.

Blake Fielder-Civil — currently in jail for assault and attempting to pervert the course of justice — has recently instructed a lawyer to file for divorce signaling the end of the couple's tumultuous union.

But the singer is quoted in the U.K. newspaper The Sun promising to fight that.

"I still love my Blake. I won't let him divorce me," she told the newspaper.

And explaining her recent behavior that has seen her hanging out with a rugby player-turned-actor Josh Bowman, Winehouse, 25, says that doesn't mean she is not going to have "some fun" and a "good time."

She made her comments during her extended vacation in St Lucia. In a break from her partying, she is pictured playing Scrabble as she chats about her life.

And she says she loves Fielder-Civil "because he's just like me."

"Blake is the male version of me. We're perfect for each other. I don't want to go back home to England. I want to wait for Blake here," she is quoted saying.

She says she has not been "doing drugs" and, speaking of Bowman, she added, "Josh was lovely. But it was a holiday thing. I've got my Blake."

METRO NEWS SERVICES

Joaquin delivers first music performance

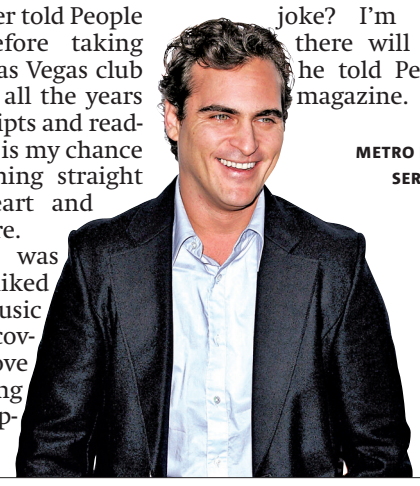
CAREER After announcing his retirement from acting in October, Joaquin Phoenix made his first public foray into the music world Friday, saying he was ready to put his real self out there and not hide behind movie characters, people.com reports.

"This is me saying this is who I am. This is my story," the actor-turned-aspiring rapper told People magazine before taking the stage at Las Vegas club LAVO. "After all the years of reading scripts and reading lines, this is my chance to do something straight from the heart and put it out there.

"When I was young I liked punk rock music but then I discovered rap. I love the storytelling aspect of hip-hop."

Fluttering around the club's catwalk, Phoenix, 34, rapped to the sounds of a drumbeat and encouraged the crowd to dance, people.com reports. While the crowd cheered for the songs, Phoenix said he was prepared for mixed feedback before taking the stage. "Are there people out there who think I'm a joke? I'm sure there will be," he told People magazine.

METRO NEWS SERVICES



Action star Craig doesn't like guns

PEOPLE Daniel Craig doesn't like guns, female-first.co.uk is reporting.

The action star admits shooting holds no appeal for him, even though he fires off numerous rounds in his new film Defiance and plays trigger-happy British spy James Bond.

"I wouldn't touch a gun in my everyday life," he said. Craig's co-star Liev Schreiber — who stars opposite Hugh Jackman in upcoming comic-book adaptation Wolverine — mirrored the actor's sentiment.

"I don't enjoy firing guns, either ... even with fake bullets," Schreiber said.

METRO NEWS SERVICES

Portia describes her marriage as "peace"

RELATIONSHIP Five months after her wedding to Ellen DeGeneres, Portia de Rossi is declaring that marriage has "completely changed my life," people.com reports.

"Marriage is a different way of being together," the actress told People magazine on Friday while promoting her upcoming ABC series Better Off Ted.

Even though the couple has been together since 2004, tying the knot strengthened their bond. "There's a peace to (being married) and a sense of togetherness that we just didn't have before. And I didn't even realize it would change as much as it has, but it's so lovely," said the actress.

"It's legal, and it's real, so there's that kind of formality to it that makes it very valid," added de Rossi.

De Rossi also holds out hope that other gay and lesbian couples will ultimately be able to enjoy the right to be legally married, a right that was repealed in California last fall shortly after their nuptials.

METRO NEWS SERVICES

Paris targeted by hackers

WEBSITE Paris Hilton has once again been targeted by hackers — her official website has reportedly been infected with a vicious computer virus, femalefirst.co.uk reports.

The socialite's webpage, ParisHilton.com, is said to have been hit by a malicious program that attaches itself to the computers of anyone visiting the site.

Any fans using the page are at risk of falling victim to the virus, which can steal their online bank details, according to OK! magazine.

Hilton was previously the victim of online crime in 2006.

METRO NEWS SERVICES

Simpson "perfumes" hair

BEAUTY Jessica Simpson sprays her hair with perfume so she doesn't have to wash it, femalefirst.co.uk reports.

The singer and actress was advised to only shampoo her long blond locks two or three times a month by her hairdresser Ken Paves, so she uses fragrances to cover the smell when her locks need a clean, the website says.

A source said: "Jessica's tresses are often greasy, but she hides it well. She wears hats or reaches for the Hairdo, the clip-on extension line she created with Ken. If her hair starts to smell, she just spritzes it with perfume from her own range."

Jessica is not the only star who shies away from cleansing her hair, the website adds. British actress Emily Mortimer recently revealed she uses dry shampoo because she hates washing her hair.

The Match Point actress admitted: "I'm very unhealthy. I hardly ever get my hair cut and use Batiste Dry Shampoo so I don't have to wash it every day."

METRO NEWS SERVICES

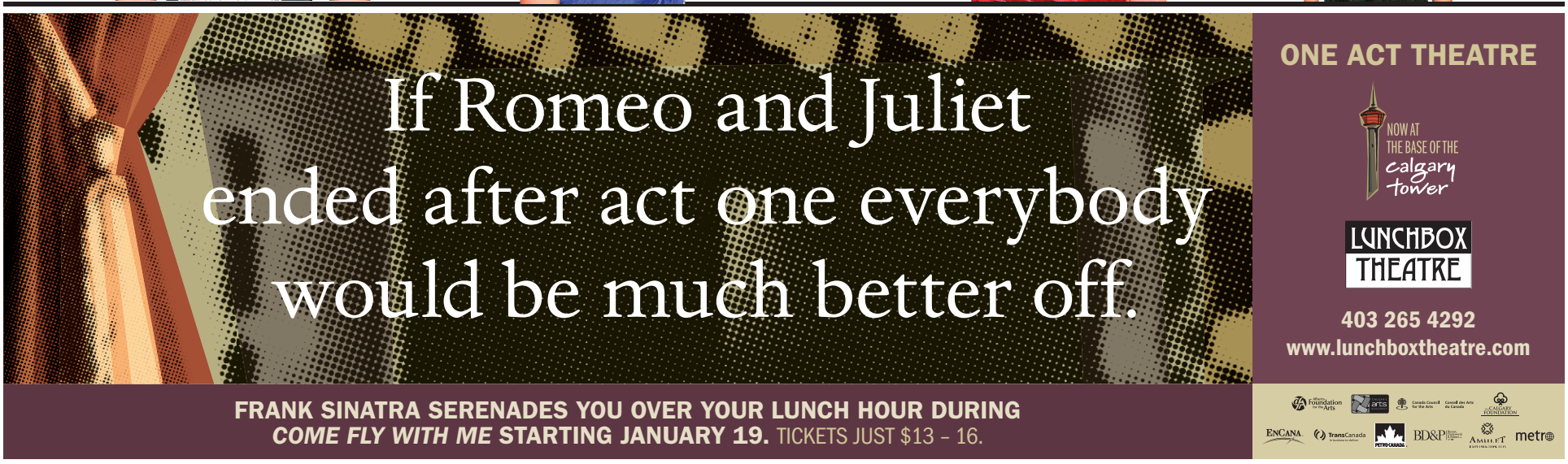
Drew admits she can't cook

PEOPLE Drew Barrymore makes her friends cook for her because she is such a bad chef, according to femalefirst.co.uk.

The He's Just Not That Into You actress admits she is clueless in the kitchen and so asks her pals to prepare food for her whenever they visit.

Asked how she coped when people come to dinner, Barrymore is quoted as saying: "I don't cook, I can't cook, and it is really abominable to see me in the kitchen. I order in takeaway food or get my friends to cook because a lot of them are very good."

METRO NEWS SERVICES

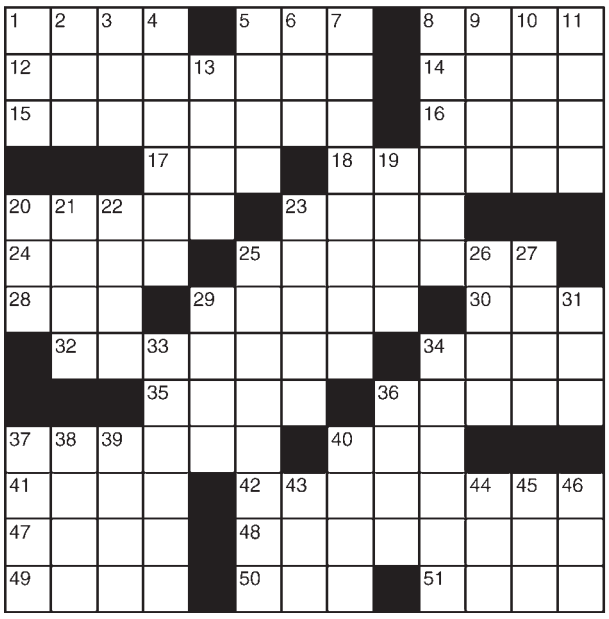


Today Sunny 14 C / -2 C
Tuesday Cloudy 9 C / -2 C
Wednesday Partly Cloudy 3 C / -5 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 AM**

Take Five



Crossword across

1From a distance
5 One of the Seven Dwarfs
8 Plundered, old-style
12 Florida city
14 Eastern potentate
15 1991 "Top Gun" spoof
16 Workbench attachment
17 Automobile
18 Wrap
20 James — Garfield
23 Smile broadly
24 Follow relentlessly
25 "Henry IV: Part I" role
28 List-ending abbr.
29 Accommodation
30 Lawyer's pay
32 Red phone, maybe
34 Overly studious one
35 Foolproof
36 Waste maker
37 Slam-dances
40 Knight's address
41 Oppositionist
42 Areas of unrest
47 Cicatrix
48 Sorta
49 Superman's alter ego
50 Apiece
51 Info

Crossword down

1 Blond shade
2 — Schwarz
3 Illustrations
4 Impish one
5 Entryway
6 Mel of Cooperstown
7Audiotape
8 Make over
9 Send forth
10 Burbot or turbot
11 Shade provider
13 Counterfeit
19 Cleanse
20 Packed away
21 Dog owner's ordeal
22 Puerto —
23 Carried
25 Descendant's right, often
26 Venusian vessels?
27 Landlord's due
29 Sad
31 — out a living
33 Unisex garb
34 Distorted
36 Snake's sound
37 Fake face
38 Erstwhile
39 Laurel or Musial
40 Celebrity
43 Half and half?
44 Yoko of music
45 Recipe meas.
46 Witness

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		5	7			2	6	
7						5		1
	8			6				7
	1				2	4		
			4		3			
		6	8				1	
1				7			3	
6		3						9
	4	9			5	6		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	A	B		G	O	L	D		T	A	R	P
O	W	E		E	W	E	R		R	O	I	L
B	E	R	K	E	L	E	Y		U	N	T	O
		M	I	S	S			P	I	E	T	Y
C	H	U	T	E		H	U	E	S			
H	I	D	E		R	E	S	E	M	B	L	E
A	R	A		B	O	X	E	R		E	E	L
D	E	S	P	I	S	E	D		C	R	A	B
			S	L	E	D		P	O	L	K	A
P	A	Y	E	E			D	E	L	I		
E	S	A	U		B	E	R	N	A	N	K	E
R	I	N	D		A	R	E	A		E	O	N
M	A	K	O		Y	A	W	L		R	I	D

3	1	6	5	7	8	4	2	9
2	4	5	1	9	6	8	3	7
7	9	8	2	3	4	6	5	1
9	6	4	8	1	3	5	7	2
1	2	7	4	6	5	3	9	8
8	5	3	9	2	7	1	6	4
4	3	2	6	8	9	7	1	5
6	8	9	7	5	1	2	4	3
5	7	1	3	4	2	9	8	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken with mushroom sauce

INGREDIENTS:
1 tbsp (15 ml) olive oil
1 1/2 tbsp (20 ml) butter
4 boneless, skinless, chicken breasts, about 6 oz (175 g) each
Salt and black pepper
4 scallions
3/4 lb (375g) button mushrooms
1 tbsp (15 ml) plain flour
2/3 cup (150 ml) chicken stock
2/3 cup (150 ml) light cream

METHOD:
1. Preheat oven to low setting to keep chicken warm later. Put olive oil and butter into frying pan and heat until sizzling hot. Meanwhile, season chicken breasts on both sides with salt and black pepper.
2. Add chicken to pan and cook 2–3 minutes per side until golden, then reduce heat to low, cover and continue cooking 8–10 minutes, turning once.
3. Meanwhile, trim, rinse and thinly slice scallions. Clean and thinly slice mushrooms.
4. When chicken's juices run clear, transfer breasts to plate, cover and keep warm.
5. Add scallions and button mushrooms to pan, spread out and fry over moderate heat 3–4 minutes, or until softened.
6. Stir flour into pan and cook 1 minute, then add stock and bring to a boil, stirring constantly. Cook mushroom sauce 2–3 minutes, then reduce heat, add cream and stir. Return chicken breasts and juices to pan and heat through 2–3 minutes more.
7. Put cooked chicken breasts onto warmed plates, spoon over mushroom sauce, and serve them immediately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES MARCH 21-APRIL 20
Take a break to reorganize. Spend time with those who consider security first. A headache goes away when you make your wishes known.

TAURUS APRIL 21-MAY 21
A lazy admirer will argue over personal beliefs. A righteous man talks of love. Your passionate wishes can come true.

GEMINI MAY 22-JUNE 21
Someone will find the money for travel plans. Surrender to a winning argument. Forgive and forget after casting off your inhibitions.

CANCER JUNE 22-JULY 22
You'll benefit from a time-out. Refuse to attend a painful meeting. A parent gets a monstrosity out of the way.

LEO JULY 23-AUG 23
A traitor will encourage a coward. You'll smile while undergoing an indignity. You can decide that a compromise is for the best.

VIRGO AUG 24-SEPT 22
Provide support for someone who is forthright. People are reluctant to socialize. A superficial person is excited by a compliment.

LIBRA SEPT 23-OCT 23
A small man with good manners is due to arrive. A surprise leads you into a good situation. Be calm when there's absurdity all around.

SCORPIO OCT 24-NOV 22
A brave guy creates a convivial atmosphere. Help someone to cherish a marvellous moment. A woman's confidence gets boosted.

SAGITTARIUS NOV 23-DEC 21
A handsome guy is used to cheating. The true cost of a hidden agenda is discovered. Too much daydreaming causes chaos.

CAPRICORN DEC 22-JAN 20
A woman is wrestling with hostility toward a rival. You'll have the solution if you're being positive. An unfortunate leader will not accept blame.

AQUARIUS JAN 21-FEB 18
Don't get on people's nerves by being pushy. A heroic deed creates a spectacular change. Prepare to investigate a crazy idea.

PISCES FEB 19-MARCH 20
Somebody is too unpredictable for words. Demand privacy when a loss of equanimity takes place. A suffering manipulator won't accomplish anything.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Maple tree goo on an atlas page (1)
2. High-school-aged person's denims (1)
3. Obstruct a group of sheep (1)
4. Overly amped tongue-twisting Peter (2)
5. Homer's wife's trash-hauling vessels (2)
6. More bleak and unsmiling pool user (2)
7. Mistake-free Lucy who played Xena (2)

ANSWERS
1. MAP SAP 2. TEENS JEANS 3. BLOCK FLOCK 4. HYPER PIPER 5. MARGES BARGES 6. GRIMMER SWIMMER 7. FLAWLESS LAWLESS

1-19-09

This day in history

JAN. 19, 1840: Captain Charles Wilkes circumnavigates Antarctica, claiming what became known as Wilkes Land for the United States.
JAN. 19, 1883: The first electric lighting system employing overhead wires, built by Thomas Edison, begins service at Roselle, New Jersey.
JAN. 19, 1977: Snow falls in Miami. This is the only time in the history of the city that snowfall has occurred.
JAN. 19, 1983: The Apple Lisa, the first commercial personal computer from Apple Inc. to have a graphical user interface and a computer mouse, is announced. METRO NEWS SERVICES

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